

# InfiniSynechis Volume 4, Issue 3, March 2024



Fearless Hearts Foundation  
[www.fearlessheartsfoundation.org](http://www.fearlessheartsfoundation.org)

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*Welcome to the 3rd issue, Volume 4, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

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## Foundation News & Updates

*All Foundation News and Updates can be found on the foundation website*

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## Conscious Living

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Be DoHave

The Paradox of Life

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On the one hand we can look at life as a suffering, on the other we can look and experience it as a blessing.

From the very beginning of our childhood we are conditioned to seek fame, power, prestige, money. This seems to be the measure of success. In this paradigm, "I will accumulate fame, wealth, power, prestige then I will be the person I have always dreamed of being". Thus we strive hard to get ahead in the rat race. In this paradigm, we continuously suffer.

The realized persons recognize that it is the inward search for the authentic self that is the key to transcending suffering.

## The Path to Being-ness

The human experience is a tapestry woven from countless threads, each representing a facet of our being. Among these threads, some hold the power to illuminate our path, guiding us towards a life of fulfillment and of purpose.

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Authenticity, self-love, forgiveness, non-judgment, equanimity, grace, and compassion – are not mere words, but the very essence of a life well-lived.

## Authenticity

Authenticity is the courage to be true to oneself, to express one's unique thoughts, feelings, and values without fear of judgment or rejection. It is the unwavering belief that we, exactly as we are, are worthy of love and belonging. This self-acceptance fuels the fire of self-love, the essential act of cherishing and nurturing ourselves, flaws and all. It allows us to move beyond self-criticism and cultivate a deep appreciation for the unique individual we are.

Authenticity thrives when we embrace our true selves, flaws and all. It allows us to shed the masks we wear to please others and step into our vulnerability. Self-love empowers this authenticity by fostering a sense of self-worth that is independent of external validation. When we love ourselves,

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we are less afraid to be judged and more open to expressing our genuine selves.

Honoring your uniqueness

Living things share common attributes While the diversity of life on Earth is vast, all living things share several key characteristics that distinguish them from non-living things.

These common characteristics can be summarized as:

**Cellular Basis:** All living things are composed of one or more cells. These cells are the basic units of life and carry out all the essential functions necessary for survival and reproduction.

**Organization:** Living things are highly organized structures, with different levels of complexity. From single-celled organisms to multicellular organisms with specialized tissues and organs, all living things exhibit a level of organization that allows them to function effectively.

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**Metabolism:** Living things require energy to carry out their activities. They obtain this energy through various metabolic processes, such as photosynthesis in plants and cellular respiration in animals. These processes allow them to break down nutrients and convert them into usable energy.

**Homeostasis:** Living things maintain a stable internal environment despite changes in the external environment. This process, called homeostasis, allows them to regulate factors like temperature, pH, and water content within a specific range, which is crucial for their survival.

**Growth and Development:** All living things exhibit growth, either through an increase in size or cell number. They also undergo development, which involves changes in form and function as they mature.

**Reproduction:** Living things have the ability to reproduce, creating new individuals of their own species. This ensures the continuation of life and the transmission of genetic information to future generations.

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**Adaptation:** Living things can adapt to their environment over time, allowing them to survive and reproduce in changing conditions. This adaptation can occur through various mechanisms, such as natural selection and genetic mutations.

**Response to Stimuli:** Living things can detect and respond to stimuli in their environment, such as light, touch, and sound. This ability allows them to interact with their surroundings and adjust their behavior accordingly.

The storehouse of information for all living things is [Deoxyribonucleic Acid or DNA](#)

In humans, there are [3x10 ^9 \(3,billion\) base pairs](#) of DNA. Although [99.9 percent of this](#) is shared by all humans, only 1-2 % are gene coding, [but even identical twins show slight differences in DNA](#)

There will not be another one like you.

Love yourself

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The path to self-love is often paved with the need for forgiveness. We all make mistakes, harbor resentments, and carry the weight of past hurts. Forgiveness, in its truest form, is not about condoning the actions of others, but about releasing ourselves from the shackles of negativity. It is the act of letting go, of choosing peace over resentment, and of understanding that everyone, including ourselves, deserves a chance to learn and grow.

Equanimity, the ability to remain composed and balanced in the face of life's ups and downs, is woven into this tapestry. It is the unwavering strength that allows us to navigate challenges with grace. Grace, in this context, is not simply about elegance, but about the ability to extend kindness and understanding even in the midst of difficulty. It is the act of treating ourselves and others with respect, even when faced with adversity.

Forego judgment of yourself and of others

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This journey of self-discovery requires non-judgment. We must strive to see ourselves and others through a lens of understanding, devoid of harsh criticism or negativity. Non-judgment allows us to approach situations with an open mind, fostering empathy and compassion. It is the space where we can acknowledge another's struggles without judgment, and offer support with an open heart.

Allow freedom to others and realize that when you bind another, you also bind yourself

Forgiveness, the act of releasing resentment and choosing understanding, mends the tears and strengthens the fabric of our being. Woven seamlessly with these threads are non-judgment, the practice of observing without condemnation, and equanimity, the ability to maintain composure amidst life's inevitable fluctuations. Finally, grace, the act of offering kindness and understanding without expectation, and compassion, the empathetic understanding of suffering, add the finishing touches, imbuing the tapestry with depth and beauty.

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## Compassion

Compassion is the ability to recognize and share the suffering of others, and to act with kindness in response. Compassion fuels our desire to help, to alleviate the pain of others, and to create a more just and loving world. The sun shines on both the sinner and the saint

## Doing

Whatever you do with love/enthusiasm is creative.

There is something you can contribute to the world, otherwise you won't be here.

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## Having

This world revolves by exchange. We are allowed to use material things but those never really belong to us. At best we are allowed to use them for the time being. We cannot take anything with us when we die.

Appreciate your life. It is a gift

Accept yourself completely,

Be aware of the interconnectedness of all.

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<https://sitn.hms.harvard.edu/flash/2012/issue127a/>

<https://www.smithsonianmag.com/smart-news/identical-twins-can-have-slightly-different-dna-180976736/#>

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For Further Reading on the human genome project

Human Genome Project

[https://en.wikipedia.org/wiki/Oak\\_Ridge\\_National\\_Laboratory](https://en.wikipedia.org/wiki/Oak_Ridge_National_Laboratory)

ENCODE Homepage <<http://www.genome.gov/10005107>>

ENCODE articles published in Nature

<<http://www.nature.com/encode/>>

“Bits of Mystery DNA, Far From ‘Junk,’ Play Crucial Role,”

Gina Kolata, The New York Times

<<http://www.nytimes.com/2012/09/06/science/far-from-junk-dna-dark-matter-proves-crucial-to-health.html?pagewanted=all>>

reddit.com “Ask me Anything” with ENCODE project contributors

<[http://www.reddit.com/r/askscience/comments/znlk6/askscience\\_special\\_ama\\_we\\_are\\_the\\_encyclopedia\\_of/](http://www.reddit.com/r/askscience/comments/znlk6/askscience_special_ama_we_are_the_encyclopedia_of/)>

□ “Blinded by Big Science: The lesson I learned from ENCODE is that projects like ENCODE are not a good idea,”

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by Michael Eisen

<<http://www.michaeliseisen.org/blog/?p=1179>>

“ENCODE says what?” by Sean Eddy

<<http://selab.janelia.org/people/eddys/blog/?p=683>>

“New Science Papers Prove NASA Failed Big Time in Promoting Supposedly Earth-Shaking Discovery That Wasn’t,” by Matthew Herper

<<http://www.forbes.com/sites/matthewherper/2012/07/08/new-science-papers-prove-nasa-failed-big-time-in-promoting-supposedly-earth-shaking-discovery-that-wasnt/>>

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<<http://www.nature.com/nature/journal/v489/n7414/full/nature11247.html>>

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## Philanthropy

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## Philanthropy

The 25 Biggest Donors in 2023

<https://finance.yahoo.com/news/25-biggest-philanthropists-us-2023-220220741.html>

<https://www.insidermonkey.com/blog/5-biggest-philanthropists-in-the-us-in-2023-1208464/?singlepage=1tion>

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## Business Insights\*

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We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.  
<https://fearlessheartsfoundation.com>

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### *Fundamentals of Being in Business*

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### *Business Ideas: Adjusting to the Current Business Climate*

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### *Commentary*

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## **Fundraising Announcement**

*Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the web link below*  
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## **Feedback**

*We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for a review. Please send your comments/feedback to us at [fhfinusa@gmail.com](mailto:fhfinusa@gmail.com)*

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